

Multisport

Thursday

Venue: The Strand (swimming pool car park)

Coordinator: Bex Turnbull / Kate Hawes

Time: 12 – 3pm

8 Boys and 8 Girls

Competition Brief

- A team race comprising four stages including a swim, mountain bike (MTB), run and raft section.
- Each school fields one 8-person male team and one 8-person female team.
- The swim and bike stages require one competitor from each team, the run stage requires 2 competitors from each team, and the raft stage requires 4 competitors from each team.
- Swim Stage
One team member swims 90m (3 lengths) of the town swimming pool.
- Mountain Bike Stage
One team member mountain bikes from the swimming pool car park around the pump track, down The Strand, over the town bridge and up Ross Town to the Powerhouse and completes two loops of the Powerhouse track finishing at the swing bridge. The course is approximately 5.5km. Competitors will have a chance to walk and bike around the pump track prior to the race as part of their race briefing, and can take a bypass option on any technical sections.
- Run Stage
Two team members run from the swing bridge up the Reservoir track, then up the Konini track to the picnic table and return down the track to Broadway running down to the town swimming pool car park. Both run competitors must complete the course before the raft competitors can begin their stage and should stay within 10m of each other during the race. The approximate 1.8km run includes a steep ascent of 140m across 700m distance, (1:5 gradient).
- Raft Stage
Four team members assemble a raft from resources provided (tubes, rope, paddles) in the swimming pool car park and raft 90m (3 lengths) of the town swimming pool with all four team members **on board**. All resources provided must be used in the assembly of the raft. Time penalties will be added if competitors swim with the raft.

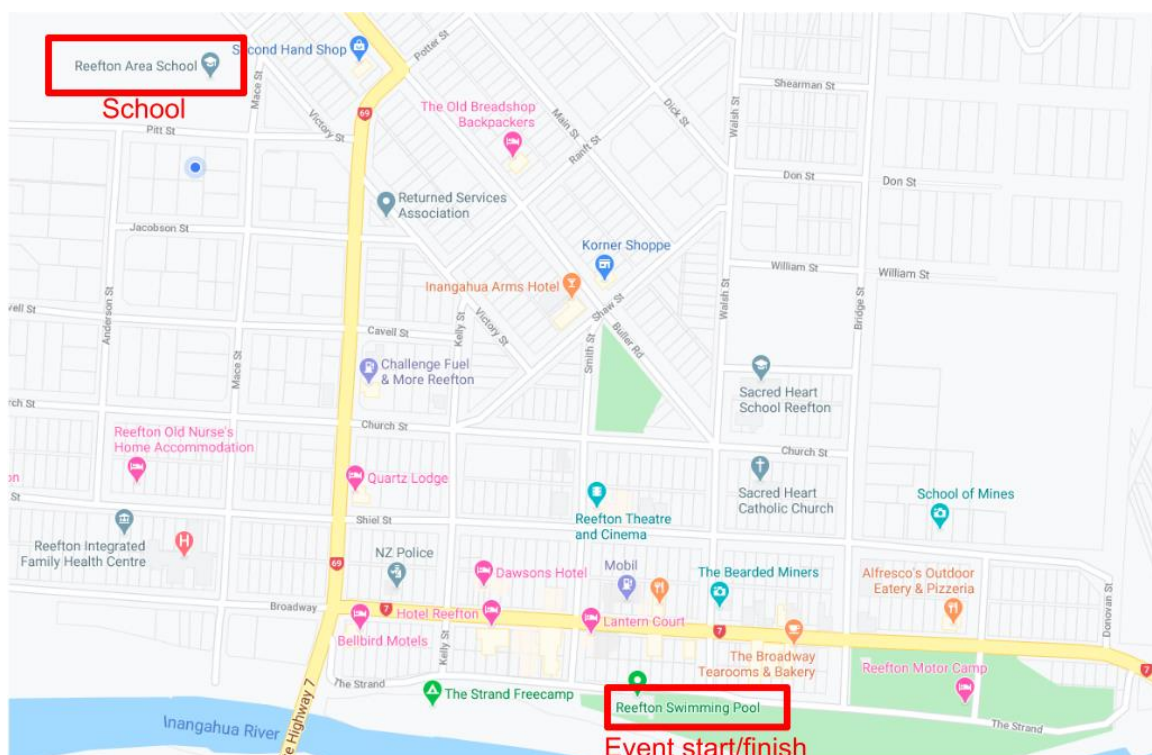
Equipment

- **Each team** will need to provide their own mountain bike and cycle helmet for the competitor in the mountain bike stage. The cycle helmet must meet an approved standard as listed by the NZ Transport Agency. Competitors must wear appropriate clothing for their event. Run and bike competitors must wear a high vis vest to be provided by school teams. Swim and raft competitors will have access to the changing rooms at the town pool to change into their swimsuit 5-10 minutes prior to racing.

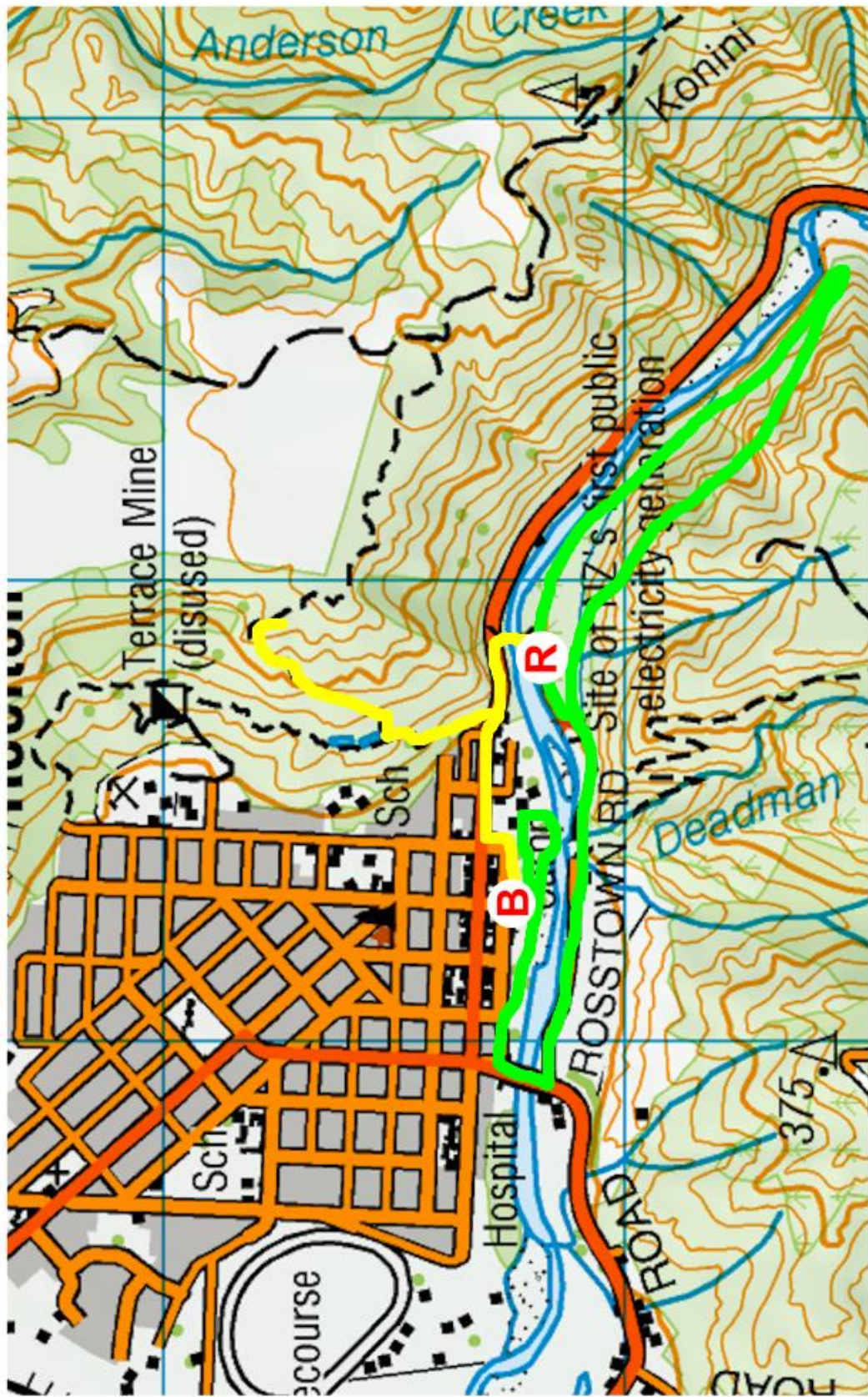
- **All raft** resources will be provided.

Rules

- Transitions are clearly marked as “B” and “R” and the transition official will describe the course to competitors of each stage at the transition prior to racing.
- Each competitor must tag their team member at transition. Both run competitors must complete the course before the raft competitors can begin their stage. This will be monitored by the transition official and if they observe that this has not happened the team will be disqualified.
- All resources provided must be used in the assembly of the raft. Time penalties will be added if competitors swim with the raft.
- Transition officials have First Aid Kits and hold current First Aid certificates so in the event of an injury competitors must go to a transition official. Transition officials/course marshals will contact emergency services in the event of a more serious injury.
- If a competitor does not complete a stage then the team is disqualified and cannot continue to the next stage.
- If the bike and helmet to be used by the competitor in the MTB stage does not meet safety requirements the competitor may not compete in this stage, therefore the team will be disqualified. The team MAY still race the other stages non-competitively however.
- If competitors are still on the course at **2:45pm** they will be unable to continue and will be returned to the start at the swimming pool car park, hence their team will be disqualified.



Course Map



- Mountain Bike Course
- Run Course
- Bike transition
- Run transition